

## Title slide

*"Come to Me all of you who are weary and carry heavy burdens, and I will give you **rest**. Take My yolk upon you. Let Me teach you because I am humble and gentle, and you will find **rest** for your souls." Matthew 11:28-29*

- **This verse tells us 2 important things:**

- A) The Bible **NEVER PROMISES** we're going to have stress-free life.
  - \* *"In this world you will have trouble. But take heart! I have overcome the world." John 16:33*
- B) But if we trust **JESUS** with all of our life, we can find rest in this life!

*"When we arrived in Macedonia, there was **no rest** for us. Outside there was **conflict from every direction**." 2 Corinthians 7:5*

## **When we're stressed about the future, what should we do?**

- 1) Remember **GOD'S FAITHFULNESS** in your past.
  - *"Why am I discouraged? Why am I so sad? I will put my trust in God. I will praise Him again, my Savior and my God. Now I am deeply discouraged, but **I will remember** Your kindness...." Psalm 42:5-6*
- 2) Evaluate the **SOURCE OF YOUR STRESS**.
- 3) Realize there's **GOOD** stress & **BAD** stress.
  - **GOOD** stress is stuff God allows in our life to **GROW US**.
  - *"Let's get away from the crowds for a while and **rest**." Mark 6:31*
  - **BAD** stress is **DISTRESS**.
  - If we have enough **GOOD STRESS** in our life, we can **MINIMIZE THE DISTRESS** in our life.
- 4) As I go through stress, stick to what I know is **RIGHT**.
  - *"It is known that people under stress have a greater tendency to engage in **unhealthy behaviors**, such as excessive use or abuse of alcohol & drugs, cigarettes, & making poor nutritional choices, than their less stressed counterparts. These unhealthy behaviors **increase** the severity of symptoms related to stress, all leading to a vicious cycle of **symptoms & unhealthy behaviors**."*
  - *"The eyes of the Lord watch over those who **do right**. And His ears are opened to **their prayers**. But the Lord turns His face, against those who **do evil**." 1 Peter 3:12*
  - *"Fix your thoughts on what is true and honorable and right and pure and lovely and admirable, think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me. Everything you heard from me and saw me doing. Then the God of **peace** will be **with you**." Philippians 4:8-9*

5) **TRUST GOD** completely with my future!

- *“For I know the plans I have for you, says the Lord. They are plans for good and not for disaster. To give you a future and a hope.” Jeremiah 29:11*
- *“Trust in the Lord with **all your heart**. Do not depend on your own understanding. Seek His will in **all that you do**, and He will show you **which path to take**.” Proverbs 3:5-6*

Text “JESUS”